



# COVID 19 CARE FOR CHILDREN AND FAMILIES

## Level 3

- You are not alone.
- You and yours will be cared for.
- There is help.
- Encourage families to think about and share their wishes for inclusion.
- Support meaningful participation at this sensitive time.

**Help/Support:**  
[childhoodbereavement.ie](http://childhoodbereavement.ie)

## Level 2

- What can you do to help?
- Time to shine.
- Say yes to willing community and friends.
- Take Covid and family breaks.
- Think of those you love and find ways to let them know.

**Help/Support:**  
[gov.ie/communitycall](http://gov.ie/communitycall)

## Level 1

- Check in and acknowledge.
- Talk and reassure.
- Include, inform and participate.
- Have fun and make memories.
- Congratulate and be proud of each other.

**Help/Support:**  
[barnardos.ie](http://barnardos.ie)

### FEW OF US

PLAN & PREPARE



### SOME OF US

CARE & SHARE



### ALL OF US

STAY WELL

